

Registration Selection

To assist in planning, please check the time and date you plan to attend.

☐ Session 1: Monday, March 20, 2006; 10 a.m. – 12 noon

☐ Session 2: Monday, March 20, 2006; 1 p.m. – 3 p.m.

☐ Session 3: Wednesday, April 5, 2006; 10 a.m. – 12 noon

☐ Session 4: Wednesday, April 5, 2006; 1 p.m. – 3 p.m.

Name

Department

Title

Email

Telephone (extension)

(Include one name per registration. Please complete registration forms for each additional attendee.)

Please note this program is offered free of charge.

Please RSVP by March 28, 2006 to:

WWNJ - NJDOP

PO Box 319

Trenton, NJ 08625-0319

By email: Carrie.Wynder@dop.state.nj.us

By Fax: (609) 943-4849

By telephone: (609) 292-8217

Working Well New Jersey



NJ State Employee Smoking Cessation Campaign

A "Train-the-Trainer" Workshop
for
New Jersey's Public Employers

March 20, 2006 & April 5, 2006

**NJ Training and Conference Center
200 Woolverton Street
Trenton, NJ 08611**

Presenters:

Rob Eccles, MBA, MHP

NJ State Director, Worksite Tobacco Initiative, American Cancer Society

Ed Kazimir, Ph.D., MBA

Tobacco Dependency Treatment, Department of Health & Senior Services

Marc Steinberg, Ph.D.

Director, Trenton Area Smoking Quitcenter



Governor, Jon S. Corzine



Rolando Torres Jr., Commissioner



Fred M. Jacobs M.D., J.D., Commissioner

Working Well New Jersey: NJ State Employee Smoking Cessation Campaign

A TRAIN-THE-TRAINER WORKSHOP FOR NEW JERSEY'S PUBLIC EMPLOYERS

Purpose:

WWNJ is launching the **NJ State Employee Smoking Cessation Campaign** to provide public employers with tools and strategies to help their employees quit smoking. Agencies will be able to tap into the vast and often free resources, information and counseling services available in New Jersey.

Who should attend?

"Train-the-Trainer" Workshop participants will include the WWNJ Executive Committee members and other Department-designated representatives. Upon completion of the workshop, attendees will function as their Department's Smoking Cessation Coordinators in partnership with WWNJ.

Workshop Presenters:

Dr. Ed Kazimir, NJ Department of Health and Senior Services, will provide an overview of New Jersey's *Quitnet*, *Quitline* and the utilization of the *NJQuit2Win.com* website.

Rob Eccles, American Cancer Society, will provide tools and guidance on developing smoking cessation programs within individual Departments.

Dr. Marc Steinberg, Director, Trenton Area Smoking Quitcenter, will discuss treatment options, the benefits of individual and group counseling, and how to help others quit smoking.

Workshop Benefits:

- ❖ Support for employees to quit smoking;
- ❖ Smoking cessation and workplace strategies;
- ❖ Smoking cessation support options and resources;
- ❖ Motivating employees and management;
- ❖ Promoting quitter's peer support groups;
- ❖ Promoting a smoke-free New Jersey.

QUIT 2 WIN

NEW JERSEY
QUITNET

Workshop Schedule

NJ Training and Conference Center
200 Woolverton Street
Trenton, NJ 08611
Room 101

Monday, March 20, 2006

Session 1

10:00 a.m. – 12:00 noon

Session 2

1:00 p.m. – 3:00 p.m.

Wednesday, April 5, 2006

Session 3

10:00 a.m. – 12:00 noon

Session 4

1:00 p.m. – 3:00 p.m.

Each Session will be followed by a 15 minute
Question & Answer Forum

For Directions to the NJ Training and Conference Center
visit: www.njtrainer.com

For more information visit:
www.state.nj.us/personnel/wellness

For more information visit on smoking cessation visit:
NJQuit2Win.com